

Concussion

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild blow to the head can be serious.

What are some warning signs of a concussion? — For Immediate Attention Call 911

Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

What should you do if you think a concussion has occurred?

1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

2. Keep your child out of play until medically cleared.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Inform all coaches about any recent concussions.

Coaches should know if your child has had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

4. Help your child return to sports safely after a concussion.

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to activities after a concussion may need to

- Take rest breaks as needed
- Spend fewer hours at activities
- If in doubt, sit it out!

Information

Dear Parents and Guardians of Young Athletes,

Thank you for registering your young athletes in sports programs with the Howard County Department of Recreation & Parks. We are pleased to announce that our Department has entered into an agreement with HeadFirst, Sports Injury and Concussion Care to jointly promote the HeadFirst ImPACT baseline testing program to the families of HCRP activities.

Implemented by Righttime Medical Care, HeadFirst Sports Injury and Concussion Care is an innovative community program for young athletes, their families, physicians, coaches and athletic trainers in the education and evaluation of concussions, baseline testing and navigation to appropriate care in the unfortunate event a young athlete sustains a Traumatic Brain Injury.

Each year, there are between 1.6 and 3.8 million sports-related concussions in the United States, leading the Centers for Disease Control and Prevention (CDC) to declare sports concussions an “epidemic”.

One of the tools available to assess the symptoms of concussion is the ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) test. ImPACT is a computerized exam that measures cognitive brain function and reaction time of athletes 10 years of age and older. It can be administered to student athletes before an injury occurs to assess pre-injury cognitive function and reaction time. It is also used as a tool to measure the impact a concussion has on these areas of brain function after an injury occurs. Ideally, there will be a pre-injury baseline test to assist in understanding the effects of a concussion in if the athlete ever sustains one. Essentially, the ImPACT test is a preseason physical of the brain.

HeadFirst is pleased to offer ImPACT baseline testing, which is also used by many professional, collegiate, and high school sports athletes across the country. This non-invasive test is set up in “video-game” style and takes about 25 minutes to complete. It is simple, and many athletes enjoy the challenge of taking the test.

Righttime Medical Care’s HeadFirst program is offering free baseline tests to athletes ages 10 and up who are currently participating in Howard County Recreation & Parks programs. ImPACT testing is offered by appointment at locations in Columbia, Olney, and Waugh Chapel.

For more information and to set up an appointment, please call 888-808-6483 or go to www.myheadfirst.com. Testing can be scheduled in one of the three locations:

6334 Cedar Lane, Columbia, MD 21044

18045 Georgia Avenue, Olney, MD 20832

2401 Brandermill Boulevard, Gambrills, MD 21054

If you have any questions about the Howard County Recreation & Parks' Concussion Awareness Plan, please visit www.howardcountymd.gov/concussion.htm. As always, we wish everyone safe and enjoyable sports experiences.

Thank you,
Howard County Recreation & Parks



For the past 12 years, the Howard County Department of Recreation & Parks has held an annual celebration to recognize those who've made a difference through sports for county residents. On this occasion, we induct new members to the Howard County Community Sports Hall of Fame and also recognize coaches, players and officials through GoodSports, a nationwide effort to focus on the importance of bringing out the best of us through sports.

The keynote speaker this year was Al Bumby.

2014 Hall of Fame Inductees



To learn more about these inductees or to nominate someone for 2015 please visit www.howardcountymd.gov/halloffame.htm



Shantha Chandra



Bernie Dennison



Allen Fleming



Vernon Gray



Art McGinnis



Marilyn Miceli



We are committed to the growth of recreational sports within the county, from youth to adults, in leagues and competitions.

With hundreds of leagues conducted by us and by local community groups, we have seen many players, officials and coaches at all levels emphasize positive sportsmanship.

To honor these individuals, we sponsor county-wide GoodSports Awards. These awards are presented for outstanding efforts in coaching, officiating and participation.

2014 GoodSports Recipients

GOODSPORTS ADULT PLAYER

Al Hunt - Howard County Recreation & Parks

GOODSPORTS YOUTH PLAYERS

Tysean Berry - Howard County Terps

Ashlyn Bonner - Howard Youth Basketball Association

Danielle Comerford - Columbia Gymnastics

Stephen Frazier - Vipers Wrestling

Alexander Gliese - Columbia Association Aquatics

Siena Huber - Western Howard County Baseball/Softball

Patricia Huerta - Warhawks Field Hockey Club

Keally Ingersoll - Stampede Field Hockey

Roman Johnsonbaugh - Ellicott City Express

Rugby Club

Noah Kim - Howard County Striders

Ally Kolp - Ellicott City Patriots Poms

Christina Kratzmeier - Kangaroo Kids

Caitlin Miles - Ellicott City Patriots Cheer

Ali Morsy - Elkrige Youth Organization (soccer)

Wande Owens - Western Howard County Warhawks Football and Cheer

Camryn Reese - Howard County Terps Cheer

Connor Rudel - Elkrige Hurricanes

Cameron Simmons - Kangaroo Kids

Londyn Thomas - Laurel Steelers Football

Shayla Waldron - Laurel Steelers Cheer

Sam Wiley - Ellicott City Patriots Football

GOODSPORTS OFFICIALS

Amanda Bendix - Western Howard County Baseball/Softball

Jason Born - Howard County Lacrosse Program

Brian Fleming - Howard County Striders

Mark Gerring - Howard County Officials

Jamie Hess - Columbia Neighborhood Swim League

Eric Kinling - Maryland Independent Football Officials

James Lawson - Columbia Association Aquatics

Nicole Meek - Kangaroo Kids

Christine O'Connor - Elkrige Youth Organization (basketball)

Kathey Payne - Howard/Carroll Officials Association

John Sanders - Elkrige Youth Organization (soccer)

Phil Straw - Howard Youth Basketball Association

GOODSPORTS COACHES

Jerome Alston - Howard County Terps

Andy Bonavitacola - Elkrige Hurricanes

BJ Borden - Howard Youth Basketball Association

Mark Colosimo - Western Howard County

Baseball/Softball

Stefan Draganov - Thunder Soccer Club

John Druffel - Elkrige Youth Organization (soccer)

Fernando Falcon - Laurel Steelers Football

Victor Frazier - Vipers Wrestling

Robert Hoffman - Columbia Association Aquatics

Peter Kruus - Howard County Striders

Nathean Meadows - Soccer Association of Columbia

Devin Meek - Kangaroo Kids

Jennifer Murdock - Ellicott City Patriots Poms

Jennifer Schick - Ellicott City Patriots Cheer

Larry Schofield - Columbia Volleyball Club

Vince Thomas - Vipers Wrestling

Larry Thompson - Western Howard County Warhawks

Football/Cheer

Nicole Trunzo - Warhawks Field Hockey Club

Sean Wiggins - Ellicott City Patriots Football

Thank You To Our Sponsors!

Kate Maerten | Agent
410.418.8402 Office
410.510.1560 Fax
www.katesinsurance.com



Sports

League Refund Policy

Unless otherwise directed in the community sport program description, a 20% administrative fee is deducted for all refund requests more than four (4) weeks prior to a league starting; a 50% refund if withdraw requested more than two (2) weeks prior to league starting; no refunds are given less than two (2) weeks prior to the start of the league. Registration is accepted on a first-come, first-served basis up to the registration deadline listed in each league description. Additional teams may be accepted at the league commissioner's discretion.

Aquatics

- Swimming lessons emphasize skills needed to be safe in an aquatic environment. All our instructors have been trained at our facility and are knowledgeable about the programs we teach.
- Be sure to register your child for the appropriate level. If space allows, a participant may be moved to a lower or more advanced level at the discretion of the swim lesson coordinator.
- **For multiple sessions, register your child in the same course for a minimum of two sessions. Children often require more than one session to master the skills needed to proceed to the next level.**
- Parents and guardians are not permitted to assist child during the lesson, except for the parent/child or Therapeutic Recreation classes. Accompanying adult for children under 16 must remain at the facility.
- Read concussion information on page 72. Your family's review of this information is required by law before you are allowed to register for sports/swim programs.
- Registration: 410-313-2764.
- Information: Aquatics Director, 410-313-2765.

Group Lessons: Youth (All ages)

Baby Water Play: Parent/Child Level 1

6 mos-3 yrs / 8 classes, start dates below / \$64

Splash through the first step in water safety and swimming with your child. Parents learn how to work safely with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. With an adult, children explore submerging, buoyancy and entering and exiting safely. Swimming diapers and/or rubber shorts must be worn.

Roger Carter Comm Ctr

RP4007.201	Jan 13	5-5:20 PM	Tu & Th
RP4007.202	Feb 24	5-5:20 PM	Tu & Th

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.



See your baby's first laugh (and splash) at our new indoor pool! Classes start for children as young as six months.

Baby Water Play: Parent/Child Level 2

6 mos-3 yrs / 8 classes, start dates below / \$64

Float through the second step in water safety and swimming with your child. Children begin to glide on the front and back with assistance and change body position in the water. They continue to explore submerging and buoyancy. Emphasis is on adult supervision and entering and exiting safely. Swimming diapers and/or rubber shorts must be worn.

Roger Carter Comm Ctr

RP4008.201	Jan 13	5:30-5:50 PM	Tu & Th
RP4008.202	Feb 24	5:30-5:50 PM	Tu & Th

Preschool Swimming: Level 1

4-5 yrs / 8 classes, start dates below / \$64

Orient your child with the water and water safety in a group setting. With instructor assistance, your child becomes familiar with the aquatic environment and learns basic water skills such as water entry and exit, breath control, buoyancy, treading and swimming on the front and back with support. This class creates the foundation for safe practices around the water.

Roger Carter Comm Ctr

RP4009.201	Jan 13	5-5:20 PM	Tu & Th
RP4009.202	Feb 24	5-5:20 PM	Tu & Th

Preschool Swimming: Level 2

4-5 yrs / 8 classes, start dates below / \$64

Building on the skills taught in Level 1, children become more independent by demonstrating more advanced fundamentals of water entry and exit, breath control, buoyancy, treading and swimming on the front and back with assistance as needed. This class helps children increase their comfort in the water.

Roger Carter Comm Ctr

RP4010.201	Jan 13	5:30-5:50 PM	Tu & Th
RP4010.202	Feb 24	5:30-5:50 PM	Tu & Th

Preschool Swimming: Level 3

4-5 yrs / 8 classes, start dates below / \$64

After completing Level 2, children practice independent water entry and exit, breath control, buoyancy, treading and swimming on the front and back at a more proficient level. Emphasis is on improved coordination of combined simultaneous and alternating arm and leg actions. In this class, children begin to gain propulsive skills.

Roger Carter Comm Ctr

RP4011.201	Jan 13	6-6:20 PM	Tu & Th
RP4011.202	Feb 24	6-6:20 PM	Tu & Th

Aqua Kids: Level 1

6-10 yrs / 8 classes, start dates below / \$74

In this introduction to swimming, children learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught.

Roger Carter Comm Ctr

RP4012.201 Jan 14 5-5:30 PM W & F

RP4012.202 Feb 25 5-5:30 PM W & F

Aqua Kids: Level 2

6-10 yrs / 8 classes, start dates below / \$74

After completing Level 1, children learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Children learn how to float without support and recover to a standing position. Deep-water safety is introduced.

Roger Carter Comm Ctr

RP4013.201 Jan 14 5:40-6:10 PM W & F

RP4013.202 Feb 25 5:40-6:10 PM W & F

Aqua Kids: Level 3

6-10 yrs / 8 classes, start dates below / \$74

After passing Level 2, children build on the skills previously learned and are introduced to scissor and dolphin kicks, survival float, front crawl and elementary backstroke. The rules for head-first entries are presented and children learn head-first entries from a seated position.

Roger Carter Comm Ctr

RP4014.201 Jan 14 6:20-6:50 PM W & F

RP4014.202 Feb 25 6:20-6:50 PM W & F

Learn to Swim: Level 1

11-15 yrs / 8 classes, start dates below / \$74

In this introduction to swimming, learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught.

Roger Carter Comm Ctr

RP4015.201 Jan 14 5-5:30 PM W & F

RP4015.202 Feb 25 5-5:30 PM W & F

Learn to Swim: Level 2

11-15 yrs / 8 classes, start dates below / \$74

After completing Level 2, learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Learn how to float without support and recover to a standing position. Deep-water safety is introduced.

Roger Carter Comm Ctr

RP4016.201 Jan 14 5:40-6:10 PM W & F

RP4016.202 Feb 25 5:40-6:10 PM W & F

Learn to Swim: Level 3

11-15 yrs / 8 classes, start dates below / \$74

After passing Level 2, build on the skills previously learned and be introduced to scissor and dolphin kicks, survival float, front crawl and elementary backstroke. The rules for headfirst entries are presented and you learn head first entries from a seated position.

Roger Carter Comm Ctr

RP4017.201 Jan 14 7-7:30 PM W & F

RP4017.202 Feb 25 7-7:30 PM W & F

Private Lessons: Youth (All ages)

Private/Semi-Private Swim Lessons

3 yrs + / Ongoing after January 12 / Prices below

Each lesson lasts 30 minutes and is customized to fit individual needs and swimming abilities. Private lessons include one participant to one instructor; semi-private lessons include up to three participants to one instructor. Lessons are not transferrable. Registration for lessons is first-come, first-served. All lessons must be scheduled at the time of registration.

Roger Carter Comm Ctr

RP4020.201 4 lessons \$132 (Private)

RP4020.201 8 lessons \$231 (Private)

RP4020.202 4 lessons \$172 (Semi-private)

RP4020.202 8 lessons \$301 (Semi-private)

Swim Training: Youth (6 yrs +)

Pre-Swim Team Skills

6-18 yrs / 8 classes, start dates below / \$74

In this stroke improvement course, work on the front crawl and elementary backstroke for longer distances and be introduced to sidestroke, back crawl, breaststroke and butterfly. The basics of turning at the wall and diving are presented. This is the perfect course for those interested in swim team! Prerequisite: swimming 25 yards of freestyle.

Roger Carter Comm Ctr

RP4018.201 Jan 13 7-7:30 PM Tu & Th

RP4018.202 Feb 24 7-7:30 PM Tu & Th

Rec Swim Team

6-18 yrs / 8 wks starting Jan 12 / \$104

Thinking about swim team? This recreational swim team teaches you the basics of competing on a team. Practices are one hour twice a week for four weeks with meets on last four Saturday mornings. Prerequisites include: swimming 25 yards freestyle, 25 yards backstroke, and 25 yards breaststroke.

RP4022.201 Roger Carter Comm Ctr Jan 12 5-7 PM, M & 7-9 AM, Sa

Stroke and Turn Clinic

10 yrs + / 8 classes starting Jan 11 / \$92

Are you already a competitive swimmer? Do you love to swim laps? This class is designed to take your swimming to the next level. Work on perfecting each stroke and learn flip turns for continuous swimming for competitions and triathlons. Perquisites include 50-yard freestyle, 50-yard backstroke, and 25-yard breaststroke.

RP4024.201 Roger Carter Comm Ctr 6:30-7:30 PM Su

NEW! Scuba Diving Lessons

Coming soon! If you are interested in taking scuba diving lessons at the Roger Carter Community Center, contact Aquatics Director, 410-313-2765.



**HAVE AN IDEA FOR
A NEW PROGRAM?**

Tell us by calling
410-313-4700 or
410-313-7275!

Sports



Want to be a lifeguard? Or renew your certification? Sign up for our courses today!

Group Lessons: Adults (18 yrs +)

Adult Swim Lessons

18 yrs + / 8 classes, start dates below / \$74

This course is intended for adults who never learned how to swim or want to build on the basic fundamentals of swimming. Entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught at *Learn to Swim Levels 1 and 2*.

Roger Carter Comm Ctr

RP4019.201	Jan 12	8:15-8:45 PM	M & W
RP4019.202	Feb 23	8:15-8:45 PM	M & W

Guarding & Certifications

Lifeguard Training

15 yrs + / 1 wk, start dates below / \$205

Prepare to save lives and make a difference in your community! Learn the skills necessary to prevent and respond to aquatic emergencies. You must pass a pre-course screening by swimming 300 yards continuously as follows: 100 yards front crawl with rhythmic breathing and stabilizing kicks; 100 yards of breaststroke with a pull, breath, kick and glide sequence; and 100 yards of front crawl, breaststroke or a combination of both. You must be able to start in the water, swim 20 yards of front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound brick, return to surface, swim 20 yards back to the starting point with the object and exit the water without the use of the ladder or steps within 1 minute and 40 seconds. Lifeguard participant manuals are provided upon successful completion of the pre-course. You must attend every class, successfully complete required skills and pass written exams to receive the Red Cross certifications for 2 years in Lifeguarding/First Aid and CPR/AED for the Lifeguard. This 25-hour course takes place over seven days and includes classroom and in-water activities. You must be prepared to swim at all classes.

Roger Carter Comm Ctr

RP4002.201	Jan 5	5:30-9:30 PM, M-F; 9 AM-5 PM, Sa & Su
RP4002.202	Mar 16	5:30-9:30 PM, M-F; 9 AM-5 PM, Sa & Su



Check out our archery program on page 20.

Lifeguard Review

15 yrs + / 3 days, start dates below / \$125

Re-certify in just 10 hours! This course is for those who are currently certified in Lifeguarding/First Aid and CPR/AED. This is a competency test of skills with limited review with an instructor. You must provide copies of current certifications upon registration. Upon successful completion of the challenge, you gain 2-year certifications for Lifeguarding/First Aid and CPR/AED for the Lifeguard.

Roger Carter Comm Ctr

RP4003.201	Jan 27	6-9:30 PM	Tu-Th
RP4003.202	Feb 24	6-9:30 PM	Tu-Th
RP4003.203	Mar 24	6-9:30 PM	Tu-Th

Archery

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Badminton

Registration: 410-313-7275.

Adult Badminton

18 yrs + / 15 wks, start dates below / \$60

Play badminton during the day or at night! Join other badminton players of all ability levels in singles and doubles matches. The Meadowbrook Athletic Complex will have courts set up during the designated times. A leader is on site to help assign players to matches. Bring your own racquets and shuttlecocks. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov (morning session); Will Dunmore, 410-313-1697 (evening session).

RP6830.211	Meadowbrook Ath Comp	Jan 5	8-10 PM	M
RP6830.221	Meadowbrook Ath Comp	Jan 15	10 AM-noon	Th

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.

Baseball & Tee Ball

- Listed by youngest age and then alphabetical.
- Registration: 410-313-7275.

Tiny Tykes Tee Ball

3-4 yrs / 6 classes, start dates below / \$75

Batter up! Nobody strikes out and everyone hits home runs! Our age-appropriate equipment and activities are designed to provide a successful introduction to the skills of batting, catching, throwing, and base running. Parents are also encouraged to follow the coach's instructions to assist in the games and activities with your child. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6053.201	Gary J Arthur Comm Ctr	Jan 26	1:30-2:15 PM	M
RP6053.202	Roger Carter Comm Ctr	Jan 26	1:30-2:15 PM	M
RP6053.203	Hammond MS	Jan 26	5:30-6:15 PM	M
RP6053.204	N Laurel Comm Ctr	Jan 27	9:30-10:15 AM	Tu
RP6053.205	Bonnie Branch MS	Jan 27	6-6:45 PM	Tu
RP6053.206	Meadowbrook Ath Comp	Jan 28	10:30-11:15 AM	W
RP6053.207	Meadowbrook Ath Comp	Jan 29	12:30-1:15 PM	Th
RP6053.208	Northfield ES	Jan 29	6:30-7:15 PM	Th
RP6053.209	Meadowbrook Ath Comp	Jan 30	10:30-11:15 AM	F
RP6053.210	Gorman Crossing ES	Jan 31	2:30-3:15 PM	Sa

Columbia Baseball League - Spring

4-18 yrs / 8 wks, start dates and prices below

This exciting league features tee ball, in-house baseball, and teams at the 11-12, 13-14, and 15-18 age groups that play in the HC Alliance League with surrounding organizations. The tee ball and in-house baseball leagues consist of a weeknight practice and one Saturday or Sunday game per week. Bring your glove; all other equipment is provided. Head coaches have baseball-specific training and are ASEP certified. Volunteer coaches welcome. Fee includes shirt and hat. Practice locations and game schedule TBD. Practices and games for tee ball and in-house baseball are held at Columbia schools and parks. The HC Alliance Schedule is TBD. Registration deadline is March 31. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

<u>Tee Ball / \$125 / 9 AM-4 PM / Apr 12</u>			<u>Baseball / \$135 / 9 AM-4 PM / Apr 11</u>		
RP5990.301	4 yrs	Su	RP5990.311	6-8 yrs	Sa
RP5990.302	5-6 yrs	Su	RP5990.321	9-10 yrs	Sa
			RP5990.331	11-12 yrs	Sa
			RP5990.341	13-14 yrs	Sa
			RP5990.351	15-18 yrs	Sa

Western Howard County Youth Baseball & Softball League (WHCYBSL)

5-18 yrs / Dates and prices at www.whcsports.com

WHCYBSL provides tee ball, baseball and softball leagues to families in Western Howard County and Clarksville. Howard County Recreation & Parks provides administrative services to WHCYBSL. Game locations are on western Howard County park fields; the home site is Western Regional Park. Practice locations are on western Howard County school fields. Info or program flier: www.whcsports.com or Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP5981	Tee Ball or Baseball
RP5982	Softball



Throw, hit and run the bases in the Columbia Baseball League.

Baseball Winter Tune-Up with Mike Lerner

8-15 yrs / 4 classes starting Jan 11 / \$110

Move indoors from the cold to develop and improve hitting, pitching and fielding skills. This program focuses on positional breakdown, fundamentals of defensive fielding and hitting, and some base running. Instruction is led by former Howard County high school varsity coach Mike Lerner. Players are divided into groups based on ability and age. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6055.201	Hammond HS	10 AM-noon	Su
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HAVE AN IDEA FOR A NEW PROGRAM?

Tell us by calling
410-313-4700 or
410-313-7275!

To register, visit
www.howardcountymd.gov/rap
or call 410-313-7275.



Show off your jump shot in one of our basketball leagues.

Basketball

- Listed by youngest age and then alphabetical.
- Registration: 410-313-7275.

Little Tykes Hoops: Basketball

3-4 yrs / 6 classes, start dates below / \$75

In this class, having fun is sure to be a slam dunk! Children are introduced to beginner basketball concepts such as dribbling, passing and shooting through a curriculum of exciting and fun-filled games and activities. Parents are also encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6086.201	Roger Carter Comm Ctr	Jan 26	12:30-1:15 PM	M
RP6086.202	N Laurel Comm Ctr	Jan 27	5:30-6:15 PM	Tu
RP6086.203	Gary J Arthur Comm Ctr	Jan 28	10:30-11:15 AM	W
RP6086.204	Meadowbrook Ath Comp	Jan 29	9:30-10:15 AM	Th
RP6086.205	N Laurel Comm Ctr	Jan 29	1:30-2:15 PM	Th
RP6086.206	N Laurel Comm Ctr	Jan 30	11:30 AM-12:15 PM	F
RP6086.207	Meadowbrook Ath Comp	Jan 30	1:30-2:15 PM	F
RP6086.208	Northfield ES	Jan 31	1:30-2:15 PM	Sa
RP6086.209	Ducketts Lane ES	Jan 31	10:30-11:15 AM	Sa

Instructional Basketball League

6-10 yrs / 8 wks starting Jan 24 / \$76

Designed for first-time players or those wanting to improve fundamental skills, this program includes basic skill development through activities and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Register by location. Meet in the gym. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

6-7 yrs Beginners

RP6082.201	Clemens Crossing ES	9-10 AM	Sa
RP6082.202	Guilford ES	9-10 AM	Sa
RP6082.203	Thunder Hill ES	9-10 AM	Sa
RP6082.204	Rockburn ES	9-10 AM	Sa

7 yrs Advanced - 9½ yrs Beginners

RP6083.201	Clemens Crossing ES	10:15-11:15 AM	Sa
RP6083.202	Guilford ES	10:15-11:15 AM	Sa
RP6083.203	Thunder Hill ES	10:15-11:15 AM	Sa
RP6083.204	Rockburn ES	10:15-11:15 AM	Sa

8½ yrs Advanced - 10 yrs

RP6084.201	Clemens Crossing ES	11:30 AM-12:30 PM	Sa
RP6084.202	Guilford ES	11:30 AM-12:30 PM	Sa
RP6084.203	Thunder Hill ES	11:30 AM-12:30 PM	Sa
RP6084.204	Rockburn ES	11:30 AM-12:30 PM	Sa

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.

To register, visit
www.howardcountymd.gov/rap
or call 410-313-7275.



Our basketball programs encourage teamwork, skill development, new friendships and of course, lots of fun.

After-School Basketball

8-13 yrs / Class lengths, start dates and prices below

School's over and it's time to play some basketball. In this once-a-week clinic, boys and girls learn and develop fundamental skills including dribbling, passing, shooting, defense and overall team play through activities and games. It is the perfect place to start or to complement one of our basketball leagues. Meet in the gym. (No class 1/19, 1/22, 2/12, 2/16.)

Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

8-10 yrs / 55 mins / 8 classes / \$60

RP6081.201 Meadowbrook Ath Comp Jan 12 4:10-5:05 PM M

8-10 yrs / 60 mins / 8 classes / \$63

RP6081.203 Bollman Bridge ES Jan 13 3:10-4:10 PM Tu

RP6081.204 Hollifield Station ES Jan 13 3:20-4:20 PM Tu

RP6081.205 Clemens Crossing ES Jan 14 3:50-4:50 PM W

RP6081.206 Rockburn ES Jan 14 3:25-4:25 PM W

~~RP6081.207 Northfield ES Jan 14 3:15-4:15 PM W~~

RP6081.208 Elkridge ES Jan 15 4-5 PM Th

RP6081.209 N Laurel Comm Ctr Jan 15 4:15-5:15 PM Th

RP6081.210 Fulton ES Jan 15 4-5 PM Th

8-10 yrs / 60 mins / 6 classes / \$47

RP6081.211 Bushy Park ES Feb 19 3:55-4:55 PM Th

10-13 yrs / 60 mins / 8 classes / \$63

RP6081.212 Thomas Viaduct MS Jan 15 3-4 PM Th

Kiddie Basketball

5-7 yrs / Class lengths, start dates and prices below

Come learn the sport of basketball in this perfect introductory clinic. Players work on the fundamental skills of dribbling, passing, shooting, and overall team play in a fun and encouraging environment. Meet in the gym.

(No class 1/19, 1/22, 2/12, 2/16.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 mins / 8 classes / \$60

RP6080.201 Meadowbrook Ath Comp Jan 12 5:05-6 PM M

60 mins / 8 classes / \$63

RP6080.203 Bollman Bridge ES Jan 13 4:10-5:10 PM Tu

RP6080.204 Hollifield Station ES Jan 13 4:20-5:20 PM Tu

RP6080.205 Clemens Crossing ES Jan 14 4:50-5:50 PM W

RP6080.206 Rockburn ES Jan 14 4:25-5:25 PM W

~~RP6080.207 Northfield ES Jan 14 4:15-5:15 PM W~~

RP6080.208 Elkridge ES Jan 15 5-6 PM Th

RP6080.209 N Laurel Comm Ctr Jan 15 5:15-6:15 PM Th

RP6080.210 Fulton ES Jan 15 5-6 PM Th

60 mins / 6 classes / \$63

RP6080.211 Bushy Park ES Feb 19 4:55-5:55 PM Th



Girls and boys, come have fun advancing your basic skills and fundamentals through a variety of basketball programs offered this winter.

Super Hoops with Chuck Nagle

8-13 yrs / 6 classes starting Feb 8 / \$72

Hoops anyone? Girls and boys have fun advancing their basic skills and fundamentals through a variety of drills and exercises. Emphasis is on dribbling, passing, shooting, offensive and defensive positioning and the importance of teamwork. Basic basketball knowledge and some playing experience preferred. Bring a water bottle. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6085.201 8-10 yrs Hammond HS 1:30-3 PM Su

RP6085.211 11-13 yrs Hammond HS 3:15-4:45 PM Su

Meadowbrook School's Out Basketball Camp

9-14 yrs / Dates below / \$57

School is out and Meadowbrook is open for action! The Meadowbrook Basketball Camp has all the excitement of an entire season packed into one fun-filled day. Players, you have the opportunity to improve your skills and make new friends while enjoying a high-energy basketball experience.

Throughout the day, our skilled coaches take you through creative drills, challenging exercises, exciting games and scrimmages to help elevate your game. Camp ends with the Camp Tournament and the crowning of a Camp Champion! Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp

RP7020.201 Jan 19 8:30 AM-5 PM M

RP7020.202 Feb 6 8:30 AM-5 PM F

RP7020.203 Feb 16 8:30 AM-5 PM M



Sports

Youth League

Winter 2015

Youth Basketball League

As the weather gets colder, the action heats up in our league. This is our prime basketball season and we're proud to offer league play opportunities for players of all ages and skill levels. We follow the Good Sports model as we focus on building your enthusiasm for the game, developing your skills and providing a positive environment for competition. So come and get your game on with us. You're sure to have a fun, fulfilling and memorable basketball experience.

Teams from established organizations may be eligible to participate; for details contact Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

For more information on the Youth Basketball League and all basketball programs managed by the Department of Recreation & Parks, visit www.howardcountymd.gov/basketball.htm.

5-8 yrs / 8 wks starting Jan 12 / \$82, *\$52 head coach's child

Boys and girls, come have fun playing basketball while learning the fundamentals. The Department forms teams, which practice on weeknights beginning the week of January 12. One-hour games are scheduled on Saturdays, between 8 AM and noon, starting January 17. Practices and games are played at the Meadowbrook Athletic Complex or the Roger Carter Community Center. Players receive a jersey and participation award. Coaches contact participants regarding practice days/times one week prior to program start. Volunteer head coaches are needed and their child receives a discount. Individual registration sections are listed. Registration deadline is December 7. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Meadowbrook Ath Comp & Roger Carter Comm Ctr / 8 AM-noon / Sa

RP5600.201	5-6 yrs	RP5600.202	7-8 yrs
RP5600.211*	5-6 yrs	RP5600.212*	7-8 yrs

9-14 yrs / 9 wks starting Jan 3 / \$130, *\$65 head coach's child

We provide a "Good Sports" atmosphere, bringing together families and aspiring players weekly in an effort to learn and practice the fundamentals of the game. Our Certified Parent Coaches provide a quality recreation environment for our players, parents and spectators. Teams play eight league games on Saturday mornings followed by a single-elimination playoff. Staff form teams through a player skills assessment. Specific details on game/practice times are communicated after each assessment. Practices are scheduled on weeknights between 6-9 PM. Games are scheduled on Saturdays between 8 AM-1 PM. Info/Volunteer as coach: kbillingsley@howardcountymd.gov or 410-313-1162.

Meadowbrook Ath Comp & N Laurel Comm Ctr

RP6184.201	9-10 yrs	\$130	RP6184.212*	11-12 yrs	\$65
RP6184.202*	9-10 yrs	\$65	RP6184.221	13-14 yrs	\$130
RP6184.211	11-12 yrs	\$130	RP6184.222*	13-14 yrs	\$65

High School Division

14-17 yrs / 6 wks starting Jan 17 / \$65

Bring your basketball skills on Saturday evenings to the Meadowbrook Athletic Complex for this new and exciting division of play. Players who did not have the opportunity or the time to commit to their high school teams play in competitive league games throughout the winter season. Players register as individuals and the League Staff form teams and assign coaches. Games start at 8 PM on Saturdays at the MAC. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov or 410-313-1162.

Meadowbrook Ath Comp / 8 PM / Sa

RP6403.203	Boys Var	RP6403.213	Girls Var
RP6403.204	Boys JV	RP6403.214	Girls JV



Adult basketball leagues are back again this winter. Come get a great workout while socializing with old and new friends.

Adults (18 yrs +)

League Refund Policy *Page 76*

Winter League Basketball

Pull down some boards, tickle the twine or dish out some assists. Our goal is to place your team in a division of similar skills. All teams participate in postseason playoffs. Fee includes officials, staff, awards, equipment, facility rental and administration. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov or www.hcrpsports.com/basketball.htm.

Men's Winter League Basketball

Ages and start dates below / \$600

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr
Register by December 12. Register by December 5 to receive a 5% discount.

18 yrs + / 8 wks

RP5080.201	Jan 6	8-10 PM	Tu	
RP5080.202	Jan 6	8-10 PM	Tu	30 yrs +
RP5080.203	Jan 7	8-10 PM	W	
RP5080.204	Jan 8	8-10 PM	Th	

Women's Winter League Basketball

18 yrs + / 8 wks starting Jan 8 / \$600

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr
Register by December 12. Register by December 5 to receive a 5% discount.

RP5080.205	8-10 PM	Th
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Co-Rec Winter League Basketball

18 yrs + / 8 wks starting Jan 7 / \$600

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr
Register by December 12. Register by December 5 to receive a 5% discount.

RP5080.206	8-10 PM	W
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Men's Spring League Basketball

Ages and start dates below / \$475

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr
Register by March 20.

18 yrs + / 6 wks

RP5080.301	Apr 7	8-10 PM	Tu	
RP5080.302	Apr 7	8-10 PM	Tu	30 yrs +
RP5080.303	Apr 8	8-10 PM	W	
RP5080.304	Apr 9	8-10 PM	Th	

Women's Spring League Basketball

18 yrs + / 6 wks starting Apr 9 / \$475

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr
Register by March 20.

RP5080.305	8-10 PM	Th
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Winter Classic 3 on 3 Basketball Tournament 18 yrs + / Dec 20 / \$105

Get in on the excitement of winter basketball. This 3-on-3 tournament crowns a new champion in Howard County. Group and elimination rounds take place on Saturday. Teams provide uniforms. Fee includes four-game minimum, referees, awards, and administration. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP5605.201 Roger Carter Comm Ctr 8 AM-4:30 PM Sa

Drop-In Co-Rec Basketball

18 yrs + / 10 wks, start dates below / \$44

Join other athletes of all ability levels for basketball scrimmages. Choose the night and location that best works for you. Games are self-officiated and site staff help form balanced teams. Driver's license required for admission. Want to play more than once a week? Look into purchasing our Get Active Package on page 11. Note: Some gyms may be canceled by the third meeting due to insufficient registration or attendance. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

18 yrs +

RP6900.201 Rockburn ES Jan 5 8-10 PM M

30 yrs +

RP6900.211 Bonnie Branch MS Jan 5 8-10 PM M

RP6900.212 Bonnie Branch MS Jan 8 8-10 PM Th

RP6900.213 Lime Kiln MS Jan 6 8-10 PM Tu

RP6900.214 Lime Kiln MS Jan 8 8-10 PM Th

RP6900.215 Lisbon ES Jan 6 8-10 PM Tu

RP6900.216 Meadowbrook Ath Comp Jan 7 8-10 PM W

Coaching Instruction

Registration: 410-313-7275.

Coaching Youth Sports

16 yrs + / Dates below / \$27

Don't miss this opportunity to become a more effective coach. This clinic includes discussion of and exercises on coaching outlook, sending positive, consistent messages, teaching sport skills, planning practices, managing risk and creating a safe environment. Complete the one-night course and pass a written exam to receive an American Sport Education Program (ASEP) Coaching Certificate. Youth sports associations nationwide endorse ASEP. Fee includes one sport-specific book on baseball, basketball, football, gymnastics, hockey, lacrosse, soccer, softball, swimming, tennis, volleyball or wrestling; indicate choice when registering. Info: Will Dunmore, 410-313-1697.

Rec & Parks Headquarters

RP6990.101 Dec 10 7-10 PM W

RP6990.201 Jan 7 7-10 PM W

RP6990.202 Feb 5 7-10 PM Th

RP6990.203 Mar 9 7-10 PM M

RP6990.204 Mar 26 7-10 PM Th

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.

Cricket

- Registration: 410-313-7275.
- Information: Patrick McGinnis, 410-313-4716 or pmcginnis@howardcountymd.gov.

Wicket Fun! Youth Cricket

5-14 yrs / 8 wks starting Apr 18 / \$85

Here is a chance to provide your child with a taste of what makes cricket the second-most popular sport worldwide! Cricket is a global sport – from India to Pakistan, England to South Africa, even down under in Australia and now, Howard County. Let quality Recreation & Parks cricket coaches teach you the X's & O's of the fastest-growing sport in the United States. The coaches provide a unique curriculum that teaches the fundamentals necessary to understand and perform the game of cricket on the pitch and in the field. During the 8-week program, receive specialized instruction on all aspects of the game, including batting, bowling, fielding and following the rules. No matter your level of experience, whether you have never played or have played for years, this instructional league ensures you leave a better cricket player! The program's focus is on skill development through drills, game rules and scrimmages. Practice and receive instruction for the first few weeks leading into scrimmage games the second half of the season.

All program meetings take place on Saturday mornings.

RP5976.301 Meadowbrook Pk 5-10 yrs 9-11 AM Sa

RP5976.302 Meadowbrook Pk 11-14 yrs 9-11 AM Sa

Adult Cricket League – 2015 season

18 yrs + / 15 wks starting Apr 18-19 / \$550 (team registration only)

Cricket enthusiasts looking for a competitive, recreational league in the Howard County area, look no further! Recreation & Parks is expanding the areas only organized adult cricket league. Two divisions (totals based on final registration) compete in a preseason, cross-division "friendly" format, which leads to an inter-division (play each team once) regular season and a single-elimination tournament (all teams eligible) to determine the 2015 league champion. Games are played at Schooley Mill Park and Murray Hill Middle School on Saturdays and Sundays (balanced, rotating schedule), any time between 8 AM-6 PM. Games are 20 overs and limited to three hours in length. Additional league rules TBA to registered teams. Maximum roster is 30 players per team; games are played with 11 players a side. League provides a game ball per scheduled game – extra balls can be purchased by teams. League ball is a heavy/modified tennis ball manufactured for cricket use – any manufacture is eligible. Fee includes game schedule, playoffs, awards, field rental, game balls and administration. Registration deadline: March 9, 2015.

RP5975.301 Murray Hill MS & Schooley Mill Pk 8 AM - 6 PM Sa & Su



HAVE AN IDEA FOR A NEW PROGRAM?

Tell us by calling
410-313-4700 or
410-313-7275!

Dodgeball

Registration: 410-313-7275.

After-School Dodgeball

7-10 yrs / 8 classes, start dates below / \$63

This is a great way for all ability levels to stay active, be a part of a team and have fun! Learn and play variations of Dodgeball. Worried about safety? We use foam balls (gator skin) that are designed for accuracy and minimize the risk of injury. Meet coaches in the gym. (No class 1/19, 1/22, 2/12, 2/16.)

Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6200.201	Gorman Crossing ES	Jan 12	4-5 PM	M
RP6200.202	Fulton ES	Jan 13	4-5 PM	Tu
RP6200.203	Elkridge ES	Jan 14	4-5 PM	W

Winter Dodgeball League

18 yrs + / 8 wks starting Jan 8 / \$280

Join the dodgeball craze! Anyone can play, no particular skill set required, enthusiasm and teamwork are key. Rosters consist of a maximum of 12 players per team. Games are 6 vs. 6, with two females on the court at all times. Teams compete in regular season games with a postseason tournament at the conclusion of the season. For official rules, visit www.hcrpsports.com. Team registration deadline: December 11. Registration is on a first-come, first-served basis. Fee includes balls, awards, playoff officials and league administration. Each team is responsible for paying for one of the two game officials (\$20) on-site each week. See page 76 for league refund policy. Info: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

RP5835.201	County Schools	8-10 PM	Th
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Fencing

- Registration: 410-313-7275.
- Information: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Fencing with the Baltimore Fencing Center

8-12 yrs / 10 classes starting Jan 15 / \$110

Have you ever dreamed of clashing swords like the pirates of the Caribbean? Or wished you could be a steel-wielding musketeer? Work with the highly experienced instructors from Baltimore Fencing Center to try your hand at the exciting sport of fencing. Instructors use both traditional drilling techniques and games to help students learn basic footwork, bladework and bout practices. The course finishes with an in-class tournament. Everyone is encouraged to join!

RP8840.201	Baltimore Fencing Ctr in Columbia	6-7 PM	Th
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Fencing with Megan Connell

7-12 yrs / 8 classes starting Jan 13 / \$84

En garde! Experience the thrill of competitive fencing — a unique combo of quick thinking and elegant, athletic movements. Beginning and intermediate girls and boys, come learn the footwork, sword skills, rules and code of conduct necessary for a successful fencing bout. All equipment for the class is provided.

RP8830.201	Schooley Mill Pk	7-8 PM	Tu
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*Additional classes TBD. Call 410-313-1694 for information.

Field Hockey

- Registration: 410-313-7275.
- Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Middle School Indoor Field Hockey Clinic

10-14 yrs / 6 classes starting Jan 11 / \$87

Do you love the game of field hockey? Indoor field hockey is a variant of "traditional" outdoor field hockey. The small court and sideboards make indoor field hockey a quick and technical game. This clinic provides all the basic fundamentals of indoor play. Players, develop vision on and off the ball, improve hand-eye coordination, ball handling and stick skills and gain a better understanding of tactics and set plays. Scrimmages are incorporated. Instructors are varsity field hockey coaches and players. Please bring a reusable water bottle. Mouth guard, indoor stick and shin guards are required. Outdoor sticks are not permitted. Fee includes t-shirt, supplies and administration.

RP5260.201	Meadowbrook Ath Comp	1-2:30 PM	Su
RP5260.202	Meadowbrook Ath Comp	2:30-4 PM	Su

Spring Instructional Field Hockey

6-14 yrs / 6 classes starting Apr 9 / \$87

Varsity coaches from local high schools instruct in a format that blends short-sided game playing with teaching the skills and strategies of this fast-moving sport. Program is perfect for both advanced beginner and prospective players. Our synthetic field turf provides an optimal playing and learning surface. Fee includes t-shirt, supplies and administration. Bring a reusable water bottle. Mouth guard, stick and shin guards are required.

RP5260.301	10 ½-14 yrs	Cedar Lane Pk West	5:30-7 PM	Th
RP5266.301	6-10 yrs	Cedar Lane Pk West	5:30-7 PM	Th

Floor Hockey

- Registration: 410-313-7275.
- Information: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Kiddie Floor Hockey

5-7 yrs / 8 classes, start dates and prices below

Come learn how to play hockey! This first-time/beginner level class does not involve checking. Learn and improve skills, including puck/ball control, passing, shooting, teamwork and game play. Shin guards are recommended. (No class 1/19, 1/22, 2/12, 2/16.)

60 mins / \$63

RP6265.201	Fulton ES	Jan 12	5-6 PM	M
RP6265.203	Atholton ES	Jan 15	5-6 PM	Th

After-School Floor Hockey

8-10 yrs / 8 classes, start dates and prices below

This fast-paced, fun, beginner hockey class does not involve checking. Learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in the gym. Shin guards are recommended. (No class 1/19, 1/22, 2/12, 2/16.)

60 mins / \$63

RP6263.201	Fulton ES	Jan 12	4-5 PM	M
RP6263.204	Atholton ES	Jan 15	4-5 PM	Th

Football

Registration: 410-313-7275.

NEW! Flag Football Winter League on the Turf 5-13 yrs / 11 wks starting Dec 11 / \$115, *\$75 head coach's child

Boys and girls play 50-minute games on the new turf field inside the Volleyball/Soccer House in Elkridge. Games are 7 on 7 and non-contact. Practice and games are one hour once a week on Saturdays. The first three weeks are clinic/practice days; then six weeks of games. The Department forms teams. Volunteer coaches are needed. Head coach's child receives a discount and is guaranteed a roster spot on his/her team. Fee includes tee-shirt and participation medal. Registration closes January 2. Info: Sandra Lambert, 410-313-4715 or slambert@howardcountymd.gov.

Volleyball House & Soccer Arena

RP6305.201	5-6 yrs	5:30-7:30 PM	Th
RP6305.202*	5-6 yrs	5:30-7:30 PM	Th
RP6305.211	7-9 yrs	10 AM-1 PM	Sa
RP6305.212*	7-9 yrs	10 AM-1 PM	Sa
RP6305.221	9-12 yrs	11 AM-3 PM	Sa
RP6305.222*	9-12 yrs	11 AM-3 PM	Sa
RP6305.223	10-13 yrs	7:30-8:30 PM	Th
RP6305.224*	10-13 yrs	7:30-8:30 PM	Th

Spring NFL Flag Football League

5-14 yrs / 9 wks starting April 11 / \$105, *\$75 head coach's child

Boys and girls play flag football while working on basic skills. Fifty-minute games are 5-on-5 and non-contact. All games are played on Saturdays at Hollifield ES beginning April 11. Games begin at 8:30 AM with ages 5-6 and 12-14 and continue throughout the day. Practices are one hour, once a week on a weeknight, beginning at least one week before games begin. Practice locations in different areas of Howard County, determined by team placement, not geographical location. Register by practice location. The Department forms teams. Ages 9-14 are a team draft. Fee includes team shirt and participation award. Volunteer coaches are needed and the head coach's child receives a discount and is guaranteed a roster spot on his/her team. Season ends with an optional tournament for ages 9-14. Info: Sandra Lambert, 410-313-4715 or slambert@howardcountymd.gov.

5-6 yrs

RP6300.301	Columbia	RP6300.302*	Columbia head coach
RP6300.303	Elkridge	RP6300.304*	Elkridge head coach
RP6300.305	Ellicott City	RP6300.306*	Ellicott City head coach
RP6300.307	Dayton Oaks	RP6300.308*	Dayton Oaks head coach

7-8 yrs

RP6300.311	Columbia	RP6300.312*	Columbia head coach
RP6300.313	Elkridge	RP6300.314*	Elkridge head coach
RP6300.315	Ellicott City	RP6300.316*	Ellicott City head coach
RP6300.317	Dayton Oaks	RP6300.318*	Dayton Oaks head coach

9-11 yrs

RP6300.321	Columbia	RP6300.322*	Columbia head coach
RP6300.323	Ellicott City	RP6300.324*	Ellicott City head coach
RP6300.327	Dayton Oaks	RP6300.328*	Dayton Oaks head coach

12-14 yrs

RP6300.331	Columbia	RP6300.332*	Columbia head coach
RP6300.333	Ellicott City	RP6300.334*	Ellicott City head coach
RP6300.337	Dayton Oaks	RP6300.338*	Dayton Oaks head coach



Show off your passing, catching and running skills in our spring flag football league.

Adults (18 yrs +)

Spring Co-Rec Football League

18 yrs + / 8 wks + playoffs starting Mar 24 / \$300 per team

Enjoy playing this fast-action, non-contact, no-blocking, touch football league. Teams play 8-on-8. Teams provide own uniforms and football. Schedule includes six games plus playoffs. All teams qualify for playoffs. Fee includes six-game schedule, playoffs, awards, field rental and administration. Teams are responsible for \$34 referee fee paid on-site to referee crew at each game (regular season only). No forfeit bond is collected. If a team forfeits, it must pay the referees for forfeited game (\$68) prior to its next scheduled game. Failure to do so results in that team's removal from the league without refund. For a complete copy of rules, visit: www.howardcountymd.gov/football.htm. Team managers are updated with a league packet one week prior to start of games. Register by March 1.

Info: Nicola Morgal, 410-313-4718 or nmorgal@howardcountymd.gov.

RP5301.301	County Parks (Turf fields)	A Division	6-10:30 PM	Tu
RP5301.302	County Parks (Turf fields)	B Division	6-10:30 PM	Tu

Spring Men's Run & Shoot Football League

18 yrs + / 8 wks + playoffs starting Mar 15 / \$300 per team

Enthusiasts, come play this fast-action, low-contact version of touch football. Teams play six on defense and five on offense. Fee includes a six-game schedule, playoffs, awards, field rental and administration. Teams provide uniforms and an official NFL-sized football. Teams are responsible for \$51 referee fee paid on-site to referee crew at each game (regular season only). No forfeit bond is collected. If a team forfeits, the team must pay the referees for the forfeited game (\$102) prior to its next scheduled game. Failure to do so results in the team's removal from the league without refund. All teams qualify for playoffs. Team managers are updated with a league packet one week prior to start of games. Register by February 14. Info/Rules: Nicola Morgal, 410-313-4718 or nmorgal@howardcountymd.gov or www.howardcountymd.gov/football.htm.

RP5300.301	County Parks (Turf fields)	8 AM-2 PM	Su
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CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.

Golf

- Registration: 410-313-7275.
- Information: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

Backyard Golf - Indoors!

4-8 yrs / 5 classes, start dates below / \$68

Join us for an exciting introduction to golf. Learn basic swings, rules of the sport and proper etiquette using SNAG golf equipment. All equipment provided. Parent volunteers are encouraged to participate.

4-5 yrs

RP6319.201 Meadowbrook Ath Comp Jan 14 4:30-5:30 PM W

6-8 yrs

RP6319.202 Meadowbrook Ath Comp Jan 15 4:30-5:30 PM Th

Junior Golf Spring Break Camp

8-14 yrs / 3 days starting Mar 30 / \$95

Learn the fundamentals of how to play the game, including the swing, basic rules and etiquette. Play on the course the last day. No equipment or experience necessary.


RP7324.301 Timbers at Troy Golf Course 8:30-11 AM M, Tu & W


★★★★★

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WWW.TIMBERSGOLF.COM



20 minutes from Downtown Baltimore and BWI Airport

Gymnastics

- Registration: 410-313-7275.
- Information: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Parent/Child Gymnastics

1½-3½ yrs / 6 classes, start dates below / \$99

Be an active participant as your child develops self-awareness, coordination and locomotor movement. Toddlers use a variety of gymnastics equipment, songs, games and climbing activities in a fun and supportive atmosphere. Adult and child must register together. Child must be walking.

Columbia Gymnastics

RP6351.201 Jan 8 10-10:45 AM Th

RP6351.202 Jan 9 10-10:45 AM F

RP6351.203 Feb 26 10-10:45 AM Th

RP6351.204 Feb 27 10-10:45 AM F

Preschool Gymnastics

3-5 yrs / 6 classes, start dates below / \$99

In this introduction to gymnastics, boys and girls develop strength coordination and locomotor movement, listening skills, and cooperation. Participants use all types of gymnastics and physical education equipment including bars, beams, mats, trampolines and a foam training pit. Emphasis is on fun in a safe and supportive atmosphere. Diapers or pull-ups are not allowed.

Columbia Gymnastics

RP6352.201 Jan 5 5-5:45 PM M

RP6352.202 Jan 6 1:45-2:30 PM Tu

RP6352.203 Jan 6 2:30-3:15 PM Tu

RP6352.204 Jan 7 9:15-10 AM W

RP6352.205 Jan 7 1-1:45 PM W

RP6352.206 Jan 7 1:45-2:30 PM W

RP6352.207 Jan 7 2:30-3:15 PM W

RP6352.208 Jan 7 4:30-5:15 PM W

RP6352.209 Jan 8 9:15-10 AM Th

RP6352.210 Jan 8 10:45-11:30 AM Th

RP6352.211 Jan 8 2-2:45 PM Th

RP6352.212 Jan 8 2:45-3:30 PM Th

RP6352.213 Jan 9 9:15-10 AM F

RP6352.214 Jan 9 10:45-11:30 AM F

RP6352.215 Feb 23 5-5:45 PM M

RP6352.216 Feb 24 1:45-2:30 PM Tu

RP6352.217 Feb 24 2:30-3:15 PM Tu

RP6352.218 Feb 25 9:15-10 AM W

RP6352.219 Feb 25 1-1:45 PM W

RP6352.220 Feb 25 1:45-2:30 PM W

RP6352.221 Feb 25 2:30-3:15 PM W

RP6352.222 Feb 25 4:30-5:15 PM W

RP6352.223 Feb 26 9:15-10 AM Th

RP6352.224 Feb 26 10:45-11:30 AM Th

RP6352.225 Feb 26 2-2:45 PM Th

RP6352.226 Feb 26 2:45-3:30 PM Th

RP6352.227 Feb 27 9:15-10 AM F

RP6352.228 Feb 27 10:45-11:30 AM F

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.

To register, visit

www.howardcountymd.gov/rap
or call 410-313-7275.

Cartwheels and Crafts

3-6 yrs / 6 classes, start dates below / \$171

Does your child have lots of physical and creative energy? This class combines the fun of gymnastics with creative craft time. Bounce on the trampolines, climb in the foam pit and create wonderful arts and crafts. Diapers or pull-ups are not allowed.

RP6354.201	Columbia Gymnastics	Jan 7	1-3 PM	W
RP6354.202	Columbia Gymnastics	Feb 25	1-3 PM	W

Beginning Gymnastics

6-12 yrs / 6 classes, start dates below / \$99

Enjoy an introduction to the beginning skills and progressions of the vault, uneven bars, balance beam and floor exercise using a variety of equipment including trampolines and a foam training pit. Participants begin to develop confidence, fitness, strength and flexibility in a fun, supportive environment.

Boys

RP6353.201	Columbia Gymnastics	Jan 8	6:30-7:30 PM	Th
RP6353.202	Columbia Gymnastics	Feb 26	6:30-7:30 PM	Th

Girls

RP6353.211	Columbia Gymnastics	Jan 6	4:30-5:30 PM	Tu
RP6353.212	Columbia Gymnastics	Jan 8	6:30-7:30 PM	Th
RP6353.213	Columbia Gymnastics	Jan 9	6:30-7:30 PM	F
RP6353.214	Columbia Gymnastics	Jan 10	11:45 AM-12:45 PM	Sa
RP6353.215	Columbia Gymnastics	Feb 24	4:30-5:30 PM	Tu
RP6353.216	Columbia Gymnastics	Feb 26	6:30-7:30 PM	Th
RP6353.217	Columbia Gymnastics	Feb 27	6:30-7:30 PM	F
RP6353.218	Columbia Gymnastics	Feb 28	11:45 AM-12:45 PM	Sa

Jump Rope

- Registration: 410-313-7275.
- Information: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

Junior Jumpers with Kangaroo Kids

6-14 yrs / 12 classes, start dates below / \$172

This beginning jump rope class is all about fun and fitness. Jumpers learn basic single rope, Double Dutch and long rope skills. Jump rope fee: \$6 for first-time participants due at first class. Returning jumpers should bring their beaded jump ropes.

Meadowbrook Ath Comp

RP6361.201	Jan 6	4:25-5:25 PM	Tu
RP6361.202	Jan 6	5:30-6:30 PM	Tu
RP6361.203	Jan 7	4:25-5:25 PM	W
RP6361.204	Jan 7	5:30-6:30 PM	W

Intermediate Jumpers with Kangaroo Kids

6-16 yrs / 12 classes, start dates below / \$172

Jumpers build on basic single and long rope skills and are introduced to precision group routines. Prerequisite: Minimum two sessions of Junior Jumpers and/or coach's approval.

Meadowbrook Ath Comp

RP6363.201	Jan 6	4:25-5:25 PM	Tu
RP6363.202	Jan 6	5:30-6:30 PM	Tu
RP6363.203	Jan 7	4:25-5:25 PM	W



If single rope or double dutch jump rope makes you smile, we have the perfect class for you!

Preparation to Perform with Kangaroo Kids

8-16 yrs / 12 classes, start dates below / \$172

Jumpers with a desire to perform at public events build on single and long rope skills, precision routines and develop showmanship skills. No performing requirements. Prerequisite: Minimum two sessions of Intermediate Jumpers and/or coach's approval.

Meadowbrook Ath Comp

RP6364.201	Jan 6	4:25-5:25 PM	Tu
RP6364.202	Jan 7	5:30-6:30 PM	W

Kickball

- Registration: 410-313-7275.
- Information: Will Dunmore, 410-313-1697.

Spring Co-Rec Kickball League

18 yrs + / 10 wks, start dates below / \$455

Here's your chance to leave the office and return to the playground! Take part in the kickball craze! Anyone can play, no particular skill-set required besides enthusiasm and teamwork. Games are played as doubleheaders for a minimum of 16 games. Every team is eligible for a postseason tournament. Teams can have up to 16 players per roster. League fee includes umpires, balls, awards, league administration and field use. Games are played at county parks. For league rules/info, visit www.hcrpsports.com. Registration is on a first-come, first-served basis; don't be left out of the fun! Register by March 20.

RP5830.301	Apr 15	6-10 PM	W
RP5830.302	Apr 19	5-10 PM	Su

Lacrosse

Little LAXers Lacrosse

3-4 yrs / 6 classes, start dates below / \$75

Calling all Little LAXers! This high-energy curriculum introduces children to important fundamentals of lacrosse such as scooping, cradling, and shooting. Age-appropriate equipment is used to provide children with a safe and fun experience in every LAXers class! Parents are also encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6972.201	Roger Carter Comm Ctr	Jan 26	10:30-11:15 AM	M
RP6972.202	Gary J Arthur Comm Ctr	Jan 27	12:30-1:15 PM	Tu
RP6972.203	N Laurel Comm Ctr	Jan 27	6:30-7:15 PM	Tu
RP6972.204	Gary J Arthur Comm Ctr	Jan 28	11:30 AM-12:15 PM	W
RP6972.205	Clarksville MS	Jan 28	5:30-6:15 PM	W
RP6972.206	N Laurel Comm Ctr	Jan 29	12:30-1:15 PM	Th
RP6972.207	Meadowbrook Ath Comp	Jan 30	9:30-10:15 AM	F
RP6972.208	Dayton Oaks ES	Jan 31	9:30-10:15 AM	Sa
RP6972.209	Gorman Crossing ES	Jan 31	1:30-2:15 PM	Sa

Lacrosse Introduction - Boys

5-10 yrs / 6 classes starting Jan 11 / \$80

First-time players or those wanting to improve skills focus on lacrosse fundamentals. Program includes stick work, shooting, ground balls and basic lacrosse concepts. Fee includes t-shirt and the use of lacrosse equipment. Info: Ray Hall, 410-313-1689 or arhall@howardcountymd.gov.

Meadowbrook Ath Comp

RP6505.201	5-6 yrs	9-10 AM	Su
RP6505.202	7-8 yrs	10:15-11:15 AM	Su
RP6505.203	9-10 yrs	11:30 AM-12:30 PM	Su

Lacrosse Introduction - Girls

5-10 yrs / 6 classes starting Jan 11 / \$80

First-time players or those wanting to improve skills focus on lacrosse fundamentals. Program includes stick work, shooting, ground balls and basic lacrosse concepts. Fee includes t-shirt and the use of lacrosse stick and protective eyewear (mandated by U.S. Lacrosse). Info: Ray Hall, 410-313-1689 or arhall@howardcountymd.gov.

Meadowbrook Ath Comp

RP6506.201	5-6 yrs	9-10 AM	Su
RP6506.202	7-8 yrs	10:15-11:15 AM	Su
RP6506.203	9-10 yrs	11:30 AM-12:30 PM	Su

Middle School Lacrosse

Grades 6-8 / 6 classes starting Jan 8 / \$85

Fast-paced, fun-filled indoor lacrosse designed to fine-tune players' skills for the upcoming spring season! Sessions include instruction followed by games. Players must provide equipment. Info: Ray Hall, 410-313-1689.

Gary J Arthur Comm Ctr

RP6501.201	Girls	6-7:15 PM	Th
RP6501.202	Boys	7:30-8:45 PM	Th

Lacrosse Winter Tune-Up

10-17 yrs / 6 classes starting Jan 11 / \$80

Get ready for the spring season! Improve stick work, shooting, ground ball skills and conditioning. Have fun while working on all aspects of your game. Players must provide equipment. Info: Ray Hall, 410-313-1689.

Meadowbrook Ath Comp

RP6504.201	Girls	10-13 yrs	9-10 AM	Su
RP6504.202	Girls	14-17 yrs	10:15-11:15 AM	Su
RP6503.201	Boys	10-13 yrs	9-10 AM	Su
RP6503.202	Boys	14-17 yrs	10:15-11:15 AM	Su

Martial Arts

- Registration: 410-313-7275.
- Listed by youngest age and then alphabetical.
- Information: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

TKA Karate (Youth)

5-12 yrs / Class lengths, start dates and prices below

Boys and girls of all skill levels, come learn karate and jujitsu. Black belt instructors emphasize safety and fun. One week is spent taking or viewing the test or participating in a refresher class. If a class is not listed as beginner or intermediate, it is for all level students. (No class 1/19, 2/12, 2/16.)

8 classes / \$44

RP8730.201	Gary J Arthur Comm Ctr	Jan 12	6:30-7:30 PM	M
RP8730.202	Oakland Mills MS	Jan 12	7-8 PM	M

10 classes / \$55

RP8730.203	Worthington ES	Jan 13	7-8 PM	Tu
RP8730.204	Lake Elkhorn MS	Jan 13	7-8 PM	Tu
RP8730.205	Longfellow ES	Jan 13	7-8 PM	Tu
RP8730.206	Beg Fulton ES	Jan 14	6-7 PM	W
RP8730.216	Int Fulton ES	Jan 14	7-8 PM	W
RP8730.207	Northfield ES	Jan 14	7-8 PM	W
RP8730.208	Beg Rockburn ES	Jan 14	6-7 PM	W
RP8730.209	Int Rockburn ES	Jan 14	7-8 PM	W

9 classes / \$49

RP8730.210	Gorman Crossing ES	Jan 15	7-8 PM	Th
RP8730.211	Manor Woods ES	Jan 15	7-8 PM	Th
RP8730.212	Pointers Run ES	Jan 15	7-8 PM	Th

D & S Karate with Seth Ismart

6-13 yrs / Class lengths, start dates and prices below

Improve coordination, confidence, flexibility, balance, agility and focus while learning the art of karate and jujitsu. Our certified black belt instructors are nationally ranked experts in martial arts and have years of classroom experience instructing children in the art of self-defense and personal accomplishment. (No class 1/19, 2/12, 2/16.)

8 classes / \$43

RP8710.201	Phelps Luck ES	Jan 12	7-8 PM	M
RP8710.202	N Laurel Comm Ctr	Jan 12	7-8 PM	M

10 classes / \$54

RP8710.203	Hammond ES	Jan 14	7-8 PM	W
RP8710.204	Dayton Oaks ES	Jan 14	7-8 PM	W

9 classes / \$48

RP8710.205	Centennial Lane ES	Jan 15	7-8 PM	Th
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Kuk Sool Won with Darren Fulmore

6 yrs + / 20 classes starting Jan 13 / \$138

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This integrates and explores the entire spectrum of established Asian fighting arts and body conditioning techniques – which consist of kicking, punching, martial acrobatics and self-defense techniques – into a beautiful and dynamic hard/soft style focusing on discipline and respect.

RP8760.201	Beg	N Laurel Comm Ctr	6:30-7:30 PM	Tu & Th
RP8760.202	Adv	N Laurel Comm Ctr	7:30-8:30 PM	Tu & Th

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.



Learn the basics of martial arts while improving stability, balance and coordination.

Adults (18 yrs +)

Aikido with Ki by Russ Dauber, 4th Degree Black Belt

18 yrs + / 20 classes starting Jan 13 / \$57

Martial Art and Ki practice, as taught by Japan's Ki Society International, promotes dynamic movement with unified mind and body. Techniques flow with and lead attackers' directions and motions. The Ki part is low-impact. The Aikido part involves practice with partners and rolling on mats, while maintaining calmness and relaxation. Men and women welcome. Emphasis is on safety, knowledge and enjoyment.

RP8880.201 Waverly ES 7-9 PM Tu & Th

Tai Chi

18 yrs + / 9 or 10 classes, start dates and prices below

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress.

10 classes / Dunloggin MS / Instructor: Tim Kwei / \$77

RP8850.201 Beg Jan 14 7-8 PM W

RP8850.202 Adv Jan 14 8:05-9:05 PM W

9 classes / Murray Hill MS / Instructor: Scott Vandame / \$69

RP8850.203 Beg Jan 15 7-8 PM Th

RP8850.204 Adv Jan 15 8:05-9:05 PM Th

TKA Karate (Adult)

13 yrs + / Class lengths, start dates and prices below

Develop your physical condition as you learn karate and jujitsu in a relaxed environment. Black-belt instructors emphasize safety. One week is spent taking or viewing the test or participating in a refresher class. Wear comfortable clothing or gi. (No class 1/19, 2/12, 2/16.)

8 classes / \$55

RP8731.201 Gary J Arthur Comm Ctr Jan 12 7:30-9 PM M

RP8731.202 Oakland Mills MS Jan 12 8-9:30 PM M

10 classes / \$68

RP8731.203 Worthington ES Jan 13 8-9:30 PM Tu

RP8731.204 Lake Elkhorn MS Jan 13 8-9:30 PM Tu

RP8731.205 Longfellow ES Jan 13 8-9:30 PM Tu

RP8731.206 Fulton ES Jan 14 8-9:30 PM W

RP8731.207 Northfield ES Jan 14 8-9:30 PM W

RP8731.208 Rockburn ES Jan 14 8-9:30 PM W

9 classes / \$62

RP8731.209 Gorman Crossing ES Jan 15 8-9:30 PM Th

RP8731.210 Manor Woods ES Jan 15 8-9:30 PM Th

RP8731.211 Pointers Run ES Jan 15 8-9:30 PM Th

Shotokan Karate with Steve Morris

13 yrs + / 10 classes, start dates below / \$65

Learn a repertoire of techniques and the optimal safe positions for self-defense based upon the movement of your opponent(s), all in the context of traditional Shotokan karate. Learn and master blocks, punches, kicks, throws, submissions and takedowns. Special attention is given to low-impact physical conditioning and personal safety. Sensei Steve is a master in Shotokan karate and has taught karate and self-defense in Howard County for 30 years.

Roger Carter Comm Ctr

RP8791.201 Jan 15 7-8 PM Th

RP8791.202 Jan 15 8:05-9:05 PM Th

RP8791.203 Jan 17 10-11 AM Sa

RP8791.204 Jan 17 11:05 AM-12:05 PM Sa

Multi-Sport

- Listed by youngest age and then alphabetical.
- Registration: 410-313-7275.

NEW! Awesome Athletes, Amazing Artists (Parent/Child)

2-4 yrs / 6 classes, start dates below / \$90

If you and your child enjoy being active and creative, this is the class for you! Explore sports, games, arts and crafts while meeting new friends! Spend the first half of class throwing, kicking and shooting with a variety of interactive gym games. Continue the fun in the second half of class with painting, pasting and creating an array of art projects! Parents are required to attend. (No class 2/6.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6973.201	Gary J Arthur Comm Ctr	Jan 28	9:30-10:30 AM	W
RP6973.202	N Laurel Comm Ctr	Jan 30	9:30-10:30 AM	F

Jump Bunch Kids by JumpBunch Kids, Inc.

2-5 yrs / 6 classes starting Jan 24 / \$75

JumpBunch classes are a wonderful opportunity for parents and children to interact in a fun, engaging and noncompetitive environment during an introduction to multiple sports and fitness activities. Warm-up exercises are designed to improve balance, increase coordination and develop body awareness. This season's sports include football, soccer, hockey, basketball, volleyball and tennis. Children enjoy using and exploring the child-friendly equipment provided by JumpBunch each week while being introduced to each of these fun sports. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

St. John's Lane ES

RP6313.201	2-3 yrs	10-10:45 AM	Sa
RP6313.202	3-5 yrs	11-11:45 AM	Sa

MAC Pre-K Drop-In Play!

2-5 yrs / Continuous starting Jan 5 / \$4 per child, \$2 per add'l child

This winter, Drop-in Play days are full of fun and exciting activities in a safe and non-competitive environment. The MAC staff provides equipment for activities including mini basketball, floor hockey, soccer, lacrosse, jump rope, hula-hoops, big wheel trikes, scooters and much more! Daily fee is collected at the MAC. Parent involvement required. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp 9:30 AM-noon M, W & F

NEW! Preschool Adventures

2½-4 yrs / 12 classes, start dates below / \$185

Come join the Adventure! Children enjoy an exciting, physically active and well-rounded experience. Enriching activities include story time, music, and arts and crafts, along with sports-specific activities (including basketball, soccer, lacrosse and other sports) in the gym. Participants should bring a nut-free lunch. Staff does not change diapers. (No class 2/12, 2/16.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6971.201	Gary J Arthur Comm Ctr	Jan 27	9:30 AM-12:30 PM	Tu & Th
RP6971.202	Roger Carter Comm Ctr	Jan 26	9:30 AM-12:30 PM	M & W

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.



Little Big Shots introduces children to basketball, tee ball and soccer through exciting and engaging games and activities.

Learn-N-Play Sports

3-5 yrs / 6 classes starting Jan 31 / \$75

Children engage in a variety of age-appropriate sports activities that help them develop their large motor skills and socialization skills in a fun atmosphere! Each week we focus on different activities that combine positive social interactions, good listening skills, taking turns, and teamwork. Activities include bowling, parachute games, sports stations, relay races, and more! Parents are also encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6970.201	Pointers Run ES	9:30-10:15 AM	Sa
RP6970.202	Pointers Run ES	10:30-11:15 AM	Sa

Little Big Shots

3-4 yrs / 6 classes, start dates below / \$75

This multi-sport program introduces children to basketball, tee ball and soccer. Two weeks of each sport introduce kids to these thrilling sports through a curriculum full of exciting and engaging games and activities. Parents are also encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6314.201	Gary J Arthur Comm Ctr	Jan 26	12:30-1:15 PM	M
RP6314.202	Hammond MS	Jan 26	6:30-7:15 PM	M
RP6314.203	N Laurel Comm Ctr	Jan 27	10:30-11:15 AM	Tu
RP6314.204	Meadowbrook Ath Comp	Jan 28	9:30-10:15 AM	W
RP6314.205	Gary J Arthur Comm Ctr	Jan 29	10:30-11:15 AM	Th
RP6314.206	Meadowbrook Ath Comp	Jan 29	10:30-11:15 AM	Th
RP6314.207	Northfield ES	Jan 29	5:30-6:15 PM	Th
RP6314.208	Meadowbrook Ath Comp	Jan 30	12:30-1:15 PM	F
RP6314.209	Dayton Oaks ES	Jan 31	10:30-11:15 AM	Sa

Little Big Wheelers

3-5 yrs / 8 classes, start dates below / \$90

Parents, bring your children indoors to the Meadowbrook Athletic Complex to experience the most fun possible on three wheels! Children have a blast on their Big Wheels trike as they ride around the courts in a fun-filled safe environment. The Meadowbrook Staff provides Big Wheels trikes, instruction and leadership as your little Speed Racers enjoy obstacle courses, individual and team races and all ideas possible while they exercise on their trikes. Helmets are mandatory. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP6402.201	Meadowbrook Ath Comp	Jan 13	10-10:50 AM	Tu
RP6402.202	Meadowbrook Ath Comp	Jan 13	11-11:50 AM	Tu
RP6402.203	Meadowbrook Ath Comp	Jan 15	10-10:50 AM	Th
RP6402.204	Meadowbrook Ath Comp	Jan 15	11-11:50 AM	Th

After-School Recess

5-10 yrs / 8 classes, start dates below / \$105

Feel the excitement and get involved in some physical activities. Children participate in a number of activities including obstacle courses, relays, crazyball, and field day games. The session concludes with a game of mission impossible. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP6210.202	Fulton ES	Jan 14	4-5 PM	W
RP6210.201	Northfield ES	Jan 13	3:30-4:30 PM	Tu

Home School Gym Class

5-14 yrs / 12 classes starting Jan 21 / \$95

This is an exciting gym class program that meets the physical activity needs of our local home school families! We provide staff leadership and all the equipment for a variety of sport and fitness activities. Children improve skills and learn the fundamentals of teamwork as they play basketball, soccer, volleyball, floor hockey, badminton and all other sport requests the staff can provide. Have fun, stay fit, build character and boost self-esteem. Activity groups based on age and ability. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

5-10 yrs

RP6405.201	Meadowbrook Ath Comp	11 AM-noon	W
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11-14 yrs

RP6405.202	Meadowbrook Ath Comp	11 AM-noon	W
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School's Out Junior Sports Camp

5-7 yrs / Dates below / \$34

School is out and we're open for play! Young athletes develop their skills in any of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football or floor hockey at this co-rec camp. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Combine this half-day camp with the Bricks4Kidz LEGO® School's Out Camps for a full day of fun, and get a supervised 30-minute lunch period between camps! (See page 48 in Youth section — RP3369.202-204.) Activities take place indoors. There is swimming at Roger Carter so bring a bathing suit. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Meadowbrook Ath Comp

RP7008.201	Jan 19	8:30 AM-12:30 PM	M
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Roger Carter Comm Ctr

RP7008.202	Feb 6	8:30 AM-12:30 PM	F
RP7008.203	Feb 16	8:30 AM-12:30 PM	M

Winter Mix Camp

5-13 yrs / 4 days starting Dec 26 / \$59, day; \$199, four days

One, two, three or four days of fun! Children participate in a wide variety of activities including sports, fitness, arts and crafts, nature, games and special surprises. Campers follow an exciting daily rotation in which they select activities to build their own program. Campers rotate in age- and skill-appropriate groups. The focus is on having fun, staying fit, building character and boosting self-esteem. Camp is indoors. Children can be registered for one, two three or all four days. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp / 8 AM-6 PM

RP6404.201	Dec 26	F
RP6404.202	Dec 29	M
RP6404.203	Dec 30	Tu
RP6404.204	Dec 31	W
RP6404.205	Dec 26 & 29-31	F & M-W

Ultimate Junior Sports & Games Spring Break Camp

5-7 yrs / 1 wk starting Mar 30 / \$149

This is a mini version of the Ultimate Sports & Games Spring Break Camp. Sports and games are adapted to the size and abilities of children, making learning fun and fostering development of motor skills. Curriculum includes themed days, fitness activities, team-building exercises, group games and more! Instructors are American Sport Education Program-certified coaches. An extended day option is available (RP7005.301). Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7002.301	Meadowbrook Ath Comp	9 AM-3 PM	M-F
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Ultimate Sports & Games Extended Spring Break Camp

5-13 yrs / 1 wk starting Mar 30 / \$89

Extend your child's day at spring break camp. After-camp care includes a variety of sports, games and other group activities. Campers also must be enrolled in an Ultimate Sports & Games Spring Break Camp. Camp runs rain or shine. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7005.301	Meadowbrook Ath Comp	3-6 PM	M-F
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Ultimate Sports & Games Spring Break Camp

8-13 yrs / 1 wk starting Mar 30 / \$149

Spend your spring break with us. Your child develops skills in basketball, flag football, kickball, lacrosse, touch rugby, Wiffle ball, soccer, kickball, tennis, disc games and much more in this coed camp. Campers rotate in age- and skill-appropriate groups. Have fun, stay fit, build character and boost self-esteem. Instructors are American Sport Education Program-certified coaches. Camp runs rain or shine. Bring a non-perishable lunch (no nut products) and a water bottle. An extended camp option is available (RP7005.301). Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7001.301	Meadowbrook Ath Comp	9 AM-3 PM	M-F
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School's Out Sports Camp

8-13 yrs / Dates below / \$60

School is out and we're open for play! Young athletes develop their skills in any of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football or floor hockey. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Combine this half-day camp with the Bricks4Kidz LEGO® School's Out Camps for a full day of fun, and get a supervised 30-minute lunch period between camps! (See page 48 in Youth section — RP3369.202-204.) Activities take place indoors. There is swimming at Roger Carter so bring a bathing suit. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Meadowbrook Ath Comp / 8:30 AM-6 PM

RP7007.201	Jan 19	M
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Roger Carter Comm Ctr / 8:30 AM-6 PM

RP7007.202	Feb 6	F
RP7007.203	Feb 16	M



HAVE AN IDEA FOR A NEW PROGRAM?

Tell us by calling
410-313-4700 or
410-313-7275!

Sports

Pickleball

- Registration: 410-313-7275.
- Information: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Pickleball for All

18 yrs + / 8 or 10 classes, start dates and prices below

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Learn to play this fun and exciting game for the first week and then put your skills to the test in games for the remaining classes. All necessary equipment is provided.

8 classes / \$40

RP6835.201	Meadowbrook Ath Comp	Jan 12	1-3 PM	M
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10 classes / \$50

RP6835.202	Meadowbrook Ath Comp	Jan 14	9-11 AM	W
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Soccer

- Listed by youngest age and then alphabetical.
- Registration: 410-313-7275.

U.K. Elite Petite Soccer

2-5 yrs / 6 classes, start dates below / \$97

This is a mini-taste of the U.K. Elite experience! Hour-long programs of soccer fun and games are designed to introduce the youngest of players to the greatest of games. The emphasis is on having fun with a soccer ball. Parent involvement is encouraged at times. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Meadowbrook Ath Comp / Jan 13

RP6710.201	2-3 yrs	9:30-10:30 AM	Tu
RP6710.202	3-5 yrs	10:30-11:30 AM	Tu
RP6710.203	3-5 yrs	1:30-2:30 PM	Tu

Meadowbrook Ath Comp / Feb 24

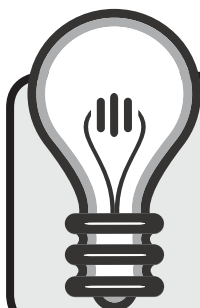
RP6710.204	2-3 yrs	9:30-10:30 AM	Tu
RP6710.205	3-5 yrs	10:30-11:30 AM	Tu
RP6710.206	3-5 yrs	1:30-2:30 PM	Tu

Meadowbrook Ath Comp / Feb 25

RP6710.213	2-3 yrs	9:30-10:30 AM	W
RP6710.214	3-5 yrs	10:30-11:30 AM	W
RP6710.215	3-5 yrs	1:30-2:30 PM	W

Meadowbrook Ath Comp / Feb 26

RP6710.210	2-3 yrs	9:30-10:30 AM	Th
RP6710.211	3-5 yrs	10:30-11:30 AM	Th
RP6710.212	3-5 yrs	1:30-2:30 PM	Th



HAVE AN IDEA FOR A NEW PROGRAM?

Tell us by calling
410-313-4700 or
410-313-7275!

Little Kickers: Soccer

3-4 yrs / 6 classes, start dates below / \$75

GOAL! Coaches provide a high-energy, fun introduction to soccer. Little Kickers uses a creative, age-appropriate curriculum to introduce basic soccer skills to kids such as dribbling, passing and shooting while providing an entertaining and friendly atmosphere! Parents are encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6705.201	Roger Carter Comm Ctr	Jan 26	9:30-10:15 AM	M
RP6705.202	Gary J Arthur Comm Ctr	Jan 27	1:30-2:15 PM	Tu
RP6705.203	Bonnie Branch MS	Jan 27	5-5:45 PM	Tu
RP6705.204	Clarksville MS	Jan 28	6:30-7:15 PM	W
RP6705.205	Gary J Arthur Comm Ctr	Jan 29	11:30 AM-12:15 PM	Th
RP6705.206	Meadowbrook Ath Comp	Jan 29	1:30-2:15 PM	Th
RP6705.207	N Laurel Comm Ctr	Jan 30	10:30-11:15 AM	F
RP6705.208	Ducketts Lane ES	Jan 31	9:30-10:15 AM	Sa
RP6705.209	Northfield ES	Jan 31	2:30-3:15 PM	Sa

Spring Youth Soccer League

4-8 yrs / 8 wks starting wk of Apr 13 / \$82, *\$52 head coach's child

Boys and girls have fun playing soccer while learning the fundamentals of the world's most popular sport. The Department forms teams, which practice once per week on a weeknight beginning the week of April 6. Coaches contact participants regarding practice days and times one week prior to the beginning of the program. One-hour games are on Saturdays, starting April 25, between 9 AM and 5 PM. Shin guards are required. Fee includes participation award, soccer jersey and a soccer ball from Play It Again Sports® in Ellicott City. Volunteer head coaches are needed and their child receives a discount. Individual registration only, no team entries. Registration deadline: March 13, 2015. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP5701.301	Meadowbrook Pk	4 yrs	9 AM-5 PM	Sa
RP5701.302*	Meadowbrook Pk	4 yrs	9 AM-5 PM	Sa
RP5701.311	Meadowbrook Pk	5-6 yrs	9 AM-5 PM	Sa
RP5701.312*	Meadowbrook Pk	5-6 yrs	9 AM-5 PM	Sa
RP5701.321	HC Ctr for the Arts	7-8 yrs	9 AM-5 PM	Sa
RP5701.322*	HC Ctr for the Arts	7-8 yrs	9 AM-5 PM	Sa

Winter Indoor Soccer League

4-8 yrs / 8 wks starting Jan 11 / \$77, *\$47 head coach's child

Boys and girls play soccer indoors while learning the basic skills of the sport. The Department forms the teams. Fee includes soccer jersey, socks and participation trophy. (No team entries.) Sneakers and shin guards required. This is a Sunday afternoon-only program. No weeknight practices. Volunteer coaches are needed. Head coach's children receive a discount. Registration deadline is December 11. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Wilde Lake MS

RP5702.201	4 yrs	Noon-7 PM	Su
RP5702.202*	4 yrs	Noon-7 PM	Su
RP5702.211	5-6 yrs	Noon-7 PM	Su
RP5702.212*	5-6 yrs	Noon-7 PM	Su
RP5702.221	7-8 yrs	Noon-7 PM	Su
RP5702.222*	7-8 yrs	Noon-7 PM	Su

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.



U.K. Elite has developed the standard in soccer instruction.



Start on your way to becoming an MLS star!

Instructional Indoor Soccer League

5-10 yrs / 8 wks starting Jan 24 / \$76

First-time players or those wanting to improve their fundamental skills play small-sided games in this instructional league. Focus is on skill development through drills, game rules and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Shin guards required. Info: Brian Wyman, 410-313-4705 or bwyma@howardcountymd.gov.

5-6 yrs / Beginners

RP6702.201	Clemens Crossing ES	1-2 PM	Sa
RP6702.202	Guilford ES	1-2 PM	Sa
RP6702.203	Thunder Hill ES	1-2 PM	Sa
RP6702.204	Rockburn ES	1-2 PM	Sa

6½ yrs / Advanced-8½ yrs / Beginners

RP6703.201	Clemens Crossing ES	2:15-3:15 PM	Sa
RP6703.202	Guilford ES	2:15-3:15 PM	Sa
RP6703.203	Thunder Hill ES	2:15-3:15 PM	Sa
RP6703.204	Rockburn ES	2:15-3:15 PM	Sa

8 yrs / Advanced-10 yrs

RP6704.201	Clemens Crossing ES	3:30-4:30 PM	Sa
RP6704.202	Guilford ES	3:30-4:30 PM	Sa
RP6704.203	Thunder Hill ES	3:30-4:30 PM	Sa
RP6704.204	Rockburn ES	3:30-4:30 PM	Sa

Kiddie Indoor Soccer

5-7 yrs / Class lengths, start dates and prices below

Are you ready to play the world's most popular game? Boys and girls learn basic skills such as dribbling, trapping, passing, shooting, defense and team play, all in a fun and encouraging environment. Meet in the gym. (No class 1/19, 1/22, 2/12, 2/16.) Info: Brian Wyman, 410-313-4705 or bwyma@howardcountymd.gov.

55 mins / 8 weeks / \$60

RP6700.207	Meadowbrook Ath Comp	Jan 14	5:05-6 PM	W
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60 mins / 8 weeks / \$63

RP6700.202	Waterloo ES	Jan 12	5-6 PM	M
RP6700.203	Northfield ES	Jan 12	4:15-5:15 PM	M
RP6700.204	Clemens Crossing	Jan 13	4:50-5:50 PM	Tu
RP6700.205	Elkridge ES	Jan 13	5-6 PM	Tu
RP6700.208	Lisbon ES	Jan 14	4:15-5:15 PM	W
RP6700.211	Deep Run ES	Jan 15	5-6 PM	Th
RP6700.212	Gorman Crossing ES	Jan 15	5-6 PM	Th

60 mins / 6 weeks / \$47

RP6700.206	Bushy Park ES	Feb 10	4:55-5:55 PM	Tu
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After-School Indoor Soccer

8-10 yrs / Class lengths, start dates and prices below

The world's most popular game awaits you. Boys and girls learn and improve basic skills such as dribbling, trapping, shooting, passing, defense and team play. Coaches use a variety of drills, games and scrimmages to make learning fun and exciting. Meet outside school office; coaches escort players to gym. (No class 1/19, 1/22, 2/12, 2/16.) Info: Brian Wyman, 410-313-4705 or bwyma@howardcountymd.gov.

55 mins / \$60

RP6701.207	Meadowbrook Ath Comp	Jan 14	4:10-5:05 PM	W
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60 mins / \$63

RP6701.204	Clemens Crossing ES	Jan 13	3:50-4:50 PM	Tu
RP6701.211	Deep Run ES	Jan 15	4-5 PM	Th
RP6701.205	Elkridge ES	Jan 13	4-5 PM	Tu
RP6701.212	Gorman Crossing ES	Jan 15	4-5 PM	Th
RP6701.208	Lisbon ES	Jan 14	3:15-4:15 PM	W
RP6701.203	Northfield ES	Jan 12	3:15-4:15 PM	M
RP6701.201	Thunder Hill ES	Jan 12	4-5 PM	M
RP6701.202	Waterloo ES	Jan 12	4-5 PM	M

60 mins / 6 weeks / \$47

RP6701.206	Bushy Park ES	Feb 10	3:55-4:55 PM	Tu
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Adults (18 yrs +)

Adult Soccer Leagues (Team registration only)

Visit www.howardcountymd.gov/soccer.htm for information.



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To register, visit
www.howardcountymd.gov/rap
or call 410-313-7275.



Softball leagues let you spend time with friends while enjoying some fresh air. Sign-up for the League by March 20!

Softball

Registration: 410-313-7275.

Early Bird Softball Tournament

18 yrs + / Apr 4 & 5 / \$250

Register your team by March 27 for this three-game guarantee tournament. Games are April 5 and 6 at county parks. The tournament provides 3 USSSA-approved balls to each team before the tournament. Additional balls may be purchased at the tournament for \$5 each. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

Cedar Lane Pk West

RP5731.301	Co-Rec	Sa
RP5731.302	Men's	Sa

CONCUSSION INFORMATION

Read concussion information on page 72. Review of this information is required by law before you are allowed to register for sports programs.

Softball Leagues

Games begin the week of April 12. Team fee includes balls, awards, officials, field reservation fees, sanction fee and administration. Team registration deadline: March 20. All games are played in county parks. See page 76 for league refund policy. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

Men's League / 10 wks / \$890

18 yrs + / Men's League / Su-F

10 double headers for a 20-game schedule. D sanctioned teams.

50 yrs + / Men's 50 + Leagues / M

10 double headers for a 20-game schedule. ASA sanctioned teams.

Women's League / 10 wks / \$890

18 yrs + / Women's League / Tu

10 double headers for a 20-game schedule.

Co-Rec League

18 yrs + / Co-Rec League / \$475 / M nights

One game per week for a total of 10 weeks. Rec. level league.

18 yrs + / Co-Rec League / \$890 / W-F

10 double headers for a 20-game schedule. D level leagues available.



Whether a beginner or intermediate tennis player, Shantha Chandra will make you a better player through drills, exercises and more.

Tennis

- Listed by youngest age and then alphabetical.
- Registration: 410-313-7275.

NEW! Private Indoor Tennis Lessons

4-10 yrs / 4 classes / Meadowbrook Athletic Complex

Individual and small group lessons (1:4 ratio) for 10 and Under QuickStart Tennis Players. Drills, instruction and QuickStart tennis techniques designed by the USTA are used for beginning players to learn tennis fundamentals, balance and coordination skills. QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by using specialized equipment, shorter court dimensions, and simplified scoring, all tailored to match youth age and size. Bring a junior-size racquet (21" to 25"). All lessons run for 1 hour. For specifics: days, times, and price: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

QS Beginners

RP6872.201	4-6 yrs
RP6872.202	7-8 yrs
RP6872.203	9-10 yrs

QS Advanced Beginners

RP6872.204	7-8 yrs
RP6872.205	9-10 yr

Kiddie Indoor Tennis

5-7 yrs / 8 classes, start dates and prices below

Time for tennis! Players learn and practice basic tennis skills in this program taught by trained coaches. Classes include a variety of enjoyable drills and exciting games. (No class 1/19, 1/22, 2/12, 2/16.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 mins / \$60

RP6870.204	Meadowbrook Ath Comp	Jan 15	5:05-6 PM	Th
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60 mins / \$63

RP6870.201	Jeffers Hill ES	Jan 12	4:35-5:35 PM	M
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Jr. Development Tennis Spring Break Camp with Shantha Chandra

7-13 yrs / 4 days starting Mar 30 / \$80

Develop beginner and intermediate tennis skills. A Quick Start tennis format is used to play games. Enjoy the fun competition with players of the same skill level. Makeup rain day: Friday. Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

RP7012.301 Cedar Lane Pk East 9-11 AM M-Th

After-School Indoor Tennis

8-10 yrs / 8 classes, start dates and prices below

Have fun while you learn the basics or fine-tune your skills in this program taught by trained coaches. Classes include a variety of drills and games and an introduction to match play. Meet in front of school office; coaches escort players to gym. (No class 1/19, 1/22, 2/12, 2/16.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 mins / \$60

RP6871.204	Meadowbrook Ath Comp	Jan 15	4:10-5:05 PM	Th
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60 mins / \$63

RP6871.201	Jeffers Hill ES	Jan 12	3:35-4:35 PM	M
RP6871.202	Waverly ES	Jan 13	3:50-4:50 PM	Tu
RP6871.203	West Friendship ES	Jan 14	3:50-4:50 PM	W

Jr. USA Team Tennis Spring Break Camp With Shantha Chandra

10-15 yrs / 4 days starting Mar 30 / \$80

Advanced beginners and intermediate players freshen up on their basic ground strokes, serving, scoring and playing matches. Makeup rain day: Friday. Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

RP7015.301 Cedar Lane Pk East 11:15 AM-1:15 PM M-Th

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Sports

Volleyball

- Listed by youngest age and then alphabetical.
- Registration: 410-313-7275.
- Carson Nickell, 410 313-4720 or cjnickell@howardcountymd.gov.

Instructional Volleyball League

6-10 yrs / 8 wks starting Jan 24 / \$93

Designed for first-time players or those wanting to improve fundamental skills, this program includes basic skill development through drills and scrimmages. The first 4 weeks are instructional practices, the final 4 weeks are scrimmages. Fee includes t-shirt.

Roger Carter Comm Ctr

RP5893.201	6-7 yrs Beginners	1-2:10 PM	Sa
RP5893.202	7 yrs Advanced – 9 yrs Beginners	2:20-3:30 PM	Sa
RP5893.203	8 ½ yrs Advanced – 10 yrs	3:40-4:50 PM	Sa

Volleyball Skills Development

8-14 yrs / 8 classes, start dates below / \$125

Practice makes perfect! This program is for beginner players who enjoy this exciting sport and want to learn the basics. Individual players develop new skills and improve existing ones. Lessons emphasize sportsmanship, skill technique, hard work and fun in a team atmosphere. Learn to pass, hit, set and serve.

8-10 yrs

RP5892.201	N Laurel Comm Ctr	Jan 26	6-7:30 PM	M
RP5892.202	Gary J Arthur Comm Ctr	Jan 21	6-7:30 PM	W
RP5892.203	Roger Carter Comm Ctr	Jan 22	6-7:30 PM	Th

11-14 yrs

RP5892.211	N Laurel Comm Ctr	Jan 26	7:30-9 PM	M
RP5892.212	Gary J Arthur Comm Ctr	Jan 21	7:30-9 PM	W
RP5892.213	Roger Carter Comm Ctr	Jan 22	7:30-9 PM	Th

Meadowbrook Volleyball League (MVL)

10-16 yrs / 8 wks starting Jan 11 / \$130, *\$60 head coach's child

Experience the excitement and gain the skills necessary to enjoy this popular Olympic sport. This program provides a "Good Sports" atmosphere, bringing together aspiring players weekly in an effort to learn and practice the fundamentals of the game. Our ASEP-Certified Parent Coaches provide a quality recreation environment for our players, parents, coaches and spectators. Weekly practices are scheduled between 5-9 PM on a weekday at a Recreation & Parks indoor facility depending on team placement and coach's availability. Matches are on Sundays between noon-4 PM at Meadowbrook Athletic Complex. Players are placed on teams after a skills evaluation scheduled for Sunday, January 11, time TBD. Specific details on one-hour matches/practice times are communicated after each season's skills evaluation. The MVL is for novice to experienced players who wish to learn more about the sport. Registration deadline is December 21.

Matches: Meadowbrook Ath Comp / Practices: TBD

RP5891.201	10-12 yrs	RP5891.202*	10-12 yrs
RP5891.211	13-14 yrs	RP5891.212*	13-14 yrs
RP5891.221	13 yrs (adv.)-16 yrs	RP5891.222*	13 yrs (adv.)-16 yrs

School's Out Volleyball Tune-Up

9-15 yrs / Dec 29 & 30 / \$98

Sharpen your volleyball skills and develop new ones in two condensed sessions. Skill instruction includes serving, passing, setting and hitting. The coaching staff and curriculum focus on having fun while learning through drills and games in an encouraging environment.

RP5892.251	N Laurel Comm Ctr	9 AM-noon	M & Tu
RP5892.252	N Laurel Comm Ctr	1-4 PM	M & Tu



Our Volleyball Tune-Up is designed to help players sharpen their volleyball skills through drills and games on days off from school.

Adults (18 yrs +)

- League Refund Policy *Page 76*
- Registration: 410-313-7275.

Co-Rec Volleyball League

18 yrs + / 8 wks plus playoffs starting Jan 11 / \$220

The volleyball leagues play 6-on-6, with rosters up to 12 players. Schedule includes eight matches and all teams participate in postseason playoffs. Fee includes schedule, facility, awards and administration. Teams are required to pay game official fees on the court at each match. Register by January 4; by December 7 to receive a 10% discount. Info, or if you are an individual looking for a team: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP5890.201	Roger Carter Comm Ctr	4-11 PM	Su
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Drop-In Co-Rec Volleyball

18 yrs + / 10 wks, start dates below / \$44

Join other athletes of all ability levels for volleyball scrimmages. Choose the night and location that best works for you. Games are self-officiated and site staff help form balanced teams. Driver's license required for admission. Note: Some gyms may be canceled by the third meeting due to insufficient registration or attendance. Want to play more than once per week? Look into purchasing our Get Active Package on page 11. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP6901.201	Burleigh Manor MS	Jan 5	8-10 PM	M
RP6901.202	Burleigh Manor MS	Jan 8	8-10 PM	Th
RP6901.203	Forest Ridge ES	Jan 7	8-10 PM	W
RP6901.204	Rockburn ES	Jan 6	8-10 PM	Tu
RP6901.205	Meadowbrook Ath Comp	Jan 7	9-11 PM	W

Co-Rec Volleyball

55 yrs + / Starting Jan 2 / \$76

Join senior men and women of various volleyball skill levels for competitive and fun volleyball play. Previous volleyball experience helpful. The program meets two times per week. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP5592.201	Meadowbrook Ath Comp	10:30 AM-12:30 PM	Tu & F
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CONCUSSION INFORMATION

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